

Teen Pregnancy Services

The CEBC defines Teen Pregnancy Services as services that are designed to support pregnant and parenting adolescents in the child welfare system or to prevent teen pregnancy in this high-risk population. The topic area consists of a range of services that includes preventive reproductive health services, pregnancy and prenatal services, and parenting and postpartum services appropriate for foster youth. Studies have shown that adolescent girls in foster care are more than twice as likely as their peers not in foster care to become pregnant by age 19, and half of 21-year-old men aging out of foster care report they had gotten someone pregnant, compared to 19 percent of their peers who were not in the system. In addition, the children born to teen mothers are at elevated risk for participating in the foster care system. Pregnant and parenting foster youth are challenged by the importance of maintaining a safe prenatal environment, learning the skills to effectively meet the physical needs of a newborn, learning how to avoid a subsequent closely spaced pregnancy, and learning how to be a responsive, safe, and nurturing parent. In addition, caregivers of pregnant and parenting foster youth may need assistance with clarifying their role and help in providing support to their youth as the youth develop parenting skills.

Teen Pregnancy Services Topic Area criteria:

- **Target population:** Adolescents in the child welfare system, including pregnant or parenting youth
- **Services/types that fit:** Physical and mental health services, case management, assessment, and support services
- **Delivered by:** Child welfare workers, mental health professionals, or trained paraprofessionals
- **In order to be included in this topic area on the CEBC:** Program must specifically target the prevention of teen pregnancy or provide services for pregnant and parenting teens
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the CEBC [Scientific Rating Scale](#)) that examines outcomes of the services, such as reductions in teen pregnancy, an increase in time between repeat pregnancies, or improved well-being for the parent or child



The table below provides a summary of the rated programs currently listed in the [Teen Pregnancy Services](#) topic area. More detailed information can be found on the CEBC website.

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Nurse-Family Partnership (NFP)	First time, low-income mothers (adolescents and adults, with no set maximum age) and their infants ages birth-2 years	1	Medium
Wyman's Teen Outreach Program® (TOP®)	Male and female adolescents in grades 6–12 who may come from disadvantaged circumstances	2	Medium
Adolescent Parenting Program (APP)	First-time pregnant and parenting youth aged 12–19 years, and who must be enrolled in school or a GED-completion program and their children ages birth to 5 years old	3	Medium
Children's Aid Society Carrera Adolescent Pregnancy Prevention Program, The (CAS-Carrera)	Students ages 10–19 years and their families from disadvantaged urban, rural and suburban neighborhoods; youth may come from single-parent homes and reside in neighborhoods characterized by higher than national rates of poverty, teen pregnancy, and crime, unemployment, and high school dropouts	3	Medium
Computer-Assisted Motivational Intervention (CAMI)	Pregnant and/or parenting adolescents ages 18 and younger	3	Medium
The Family Growth Center (FGC)	Adolescent mothers ages 13–17 years and their infants ages birth–2 years in high-risk neighborhoods	3	Medium
Love Notes 3.0 Evidence-Based Program Model (EBP)	Young people and young parents ages 14–25	3	Low